

Analyzing Skill Phases p262-263

Movement Phases

1. Preliminary Movement
2. Backswing
3. Force Producing Movement
4. Critical Instant
5. Follow Through

Other Points to Consider:

- eye-hand coordination
- body position
- center of gravity
- anticipation of timing
- plan of where you want to send the ball
(offensive thinking)
- shaking a defender

Nov 27-6:30 AM

Application of Skill Phases : Example - Golf Swing

1. Preliminary Movement- stance, ball position, grip and alignment
2. Backswing- drawing arms back, twisting at the hips, wrist flexed
3. Force-Producing Movement- using entire body to produce torque (main power from the hips and back)
4. Critical Instant- eyes on the ball as contact is made, club -face square to the target all joints extended at the point of contact
5. Follow Through- eyes remain where the ball was contacted, arms swing and body twist continues after the ball is struck

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